



Family Mediation FAQ Guide

Your comprehensive resource for understanding how family mediation can help resolve conflicts and create lasting agreements outside of court.

What is family mediation?

A **voluntary, confidential process** where a neutral mediator helps family members resolve disagreements—about parenting, finances, or relationships—without going to court.



Voluntary

Both parties choose to participate



Confidential

Private discussions protected



Neutral

Impartial mediator guides process

How does the mediation process work?

Both parties meet (either in person or virtually) with a mediator who facilitates discussion, identifies shared goals, and guides you toward a mutually fair agreement.

01

Initial Meeting

Both parties meet with the mediator in person or virtually

02

Facilitated Discussion

Mediator guides conversation and ensures both voices are heard

03

Identify Goals

Discover shared objectives and common ground

04

Reach Agreement

Work together toward a mutually fair solution

What family issues can mediation address?

Parenting plans, custody schedules, financial disagreements, elder care, family business issues, or property division during separation.



Parenting Plans

Custody schedules and co-parenting arrangements



Financial Disagreements

Property division and financial matters during separation



Elder Care

Decisions about aging family members and their needs



Family Business Issues

Resolving conflicts in family-owned enterprises

How long does mediation take?

**2–4
sessions**

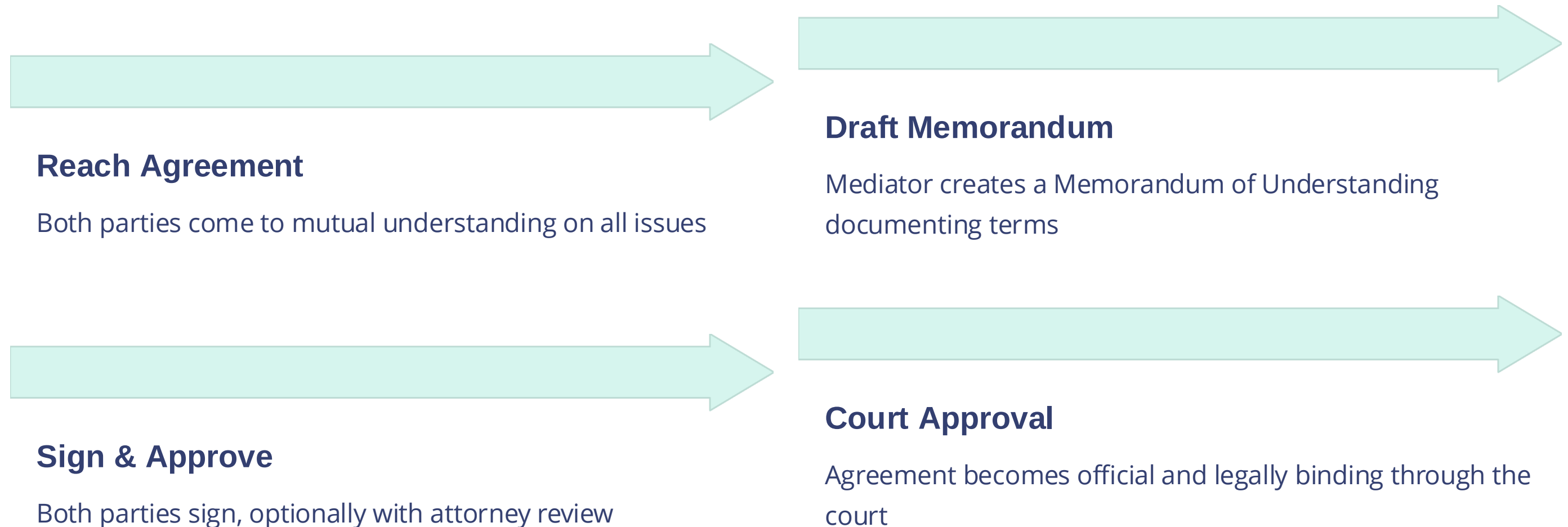
Most families reach resolution within **2–4 sessions**, depending on the issues and communication level of both parties.

Factors That Influence Timeline

- Complexity of issues being addressed
- Communication level between parties
- Willingness to compromise and collaborate
- Number of topics requiring resolution

Is mediation legally binding?

After you reach agreement, your mediator can draft a **Memorandum of Understanding**. Once signed and approved by both parties (and optionally your attorneys), it can become official through the court.



Can the mediator give legal advice?

No.

Mediators stay neutral—they do not represent or advise either party.

They can, however, help clarify options and refer you for legal consultation if needed.

What Mediators DO

- Facilitate neutral discussions
- Help clarify options available
- Refer you for legal consultation
- Guide the process fairly

What Mediators DON'T DO

- Represent either party
- Provide legal advice
- Make decisions for you
- Take sides in disputes

What if one person refuses to mediate?

Mediation is voluntary, but timing matters. A polite invitation later—or with a professional introduction—often helps someone reconsider once emotions cool.



Timing Matters

Initial refusal doesn't mean never—emotions need time to settle



Polite Invitation

A respectful approach later can open doors



Professional Introduction

Having a mediator reach out can help someone reconsider

Is mediation private?

Yes.

Sessions are fully confidential except in cases of safety or mandatory reporting. This privacy allows honest, non-judgmental dialogue.

Fully Confidential

What's discussed in mediation stays in mediation

Honest Dialogue

Privacy creates space for open, non-judgmental conversation

Limited Exceptions

Only safety concerns or mandatory reporting requirements override confidentiality

What if our family conflict is high or includes past abuse?

The mediator will assess safety. Separate sessions or virtual participation may be arranged—or mediation may be paused if unsafe.

1

Safety Assessment

Mediator evaluates the situation and determines if mediation is appropriate

2

Alternative Arrangements

Separate sessions or virtual participation can be arranged for safety

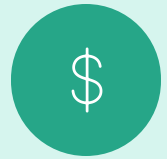
3

Pause if Needed

Mediation may be paused or stopped if the situation is unsafe

 **Your safety is the top priority.** Mediators are trained to recognize when mediation may not be appropriate and will take necessary precautions to protect all parties involved.

What are the main benefits?



Cost-effective and faster than court



Customized solutions for your family



Confidential and less stressful



Focused on respectful communication

Mediation empowers families to create their own solutions rather than having decisions imposed by a court.



Ready to explore family mediation?

Schedule your **free consultation** to see if mediation is right for you.

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